



# ceo update

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

## Friday 27 June - Wellbeing survey extended!

It's safe to say we've had a heck of a time over the last three and a half years in Canterbury. Everyday people working in the health system see first-hand the impact living in a broken city is having on Cantabrians. Providing advice, support and aroha to others is something we do very well, but if we're not prioritising ourselves we run the risk of falling over.

Where you work forms a huge part of your wellbeing and as an employer the CDHB is committed to providing a safe, healthy and rewarding work environment. The CDHB staff wellbeing survey is your chance to tell us what's working and what additional support you need to be at your best.

As a result of the 2012 survey the CDHB rolled out a wide range of wellbeing initiatives including lunch time walking groups, supported access to Earthquake Support Coordination Service, organised seminars on finance and retirement, and mindfulness sessions.

There's still much more to do but unless you fill out the survey we won't have a clear view of what would make a difference. To make sure as many people as possible do the survey we have extended it for two more weeks – the survey now closes on Friday 11 July.

To do the survey [click here](#), or click on the survey logo on the CDHB intranet.



### Celebrate Matariki

There are a number of events happening at Rehua Marae to celebrate Matariki this Saturday 28 June. There will be a marketplace and kai, workshops, presentations and Kapa Haka. Everyone is welcome! Rehua Marae is located at 79 Springfield Road in St Albans, and the whanau day will take place between 10am - 3.30pm. For details see the article on page eight.

### Superheroes spotted hanging around Christchurch Hospital

I've been informed that a handful of super heroes were spotted at Christchurch Hospital's children's wards today, and that Superman and Spiderman were seen descending from the windows.

A video of the super heroes in action will be posted on The Press website [www.thepress.co.nz](http://www.thepress.co.nz) tomorrow morning.



I recently caught up with Marie Lory our Perioperative Nurse Manager who talked me through the benefits of the new theatre panels. I love the way they help us save patients' time, and help provide certainty about when a person is likely to get their surgery on a particular day. This is a great example of technology supporting better patient care.

I will let Marie explain the intricacies of the new system:

The theatre panels electronically display the daily operational work for both elective and acute in the operating theatre. We have used a system called Scope to help move our paper based system to towards a system that will allow the users of the operating theatre to view the theatre work flow from any computer in the hospital by logging into Scope.

Scope has been able to pull the information from our patient management system that allows us to display and move the data around in a user friendly way. We have worked very hard to blend our current patient system with Scope in way that ensures we do not have duplication of data entry between the two systems and that the information continues to go into our patient management system which is the definitive source of data for our reporting systems.

When the theatre panels are released to the wider areas ward staff and surgeons will be able to communicate with the patients waiting to have acute surgery more realistically about when they may get to theatre, as they can see the full theatre work picture for that day.

For elective patients the ward staff will be able to see the work flow through the theatre in real time. This will allow them to judge when to have patients ready as well as manage the expectations of the patients and their families. It will also give the visibility to the location of the patients in theatre which can help with supporting families as ward staff could see if the patient is in our holding bay, theatre or PACU (our Post Anaesthesia Care Unit).

From a theatre perspective we gain a lot of benefits from seeing our flow in real time. If an emergency case comes in that needs to go into the next available theatre we can see at a glance who has sent for a patient which means they are about to finish surgery on the current patient so that theatre would be free for our emergency. From our control centre based in the main operating theatre we will be able to see the progression of work in our two other locations of birthing suite and Day Surgery Theatres. Currently we need to physically walk around those areas for an update so these panels will be a huge improvement to the way that we work and view our flow.

There so much more to Scope than the theatre panels, but the detail of that is perhaps for another time. Achievements to date at Canterbury include:

- Streamlined theatre booking processes through a 'paperless' approach
- Provision of electronic 'Theatre Panels' that track patient progress and inform theatre coordination
- Template based 'paperless' operating notes, integrated to HCS
- Data capture of surgical activity for various reporting and research requirements.

Anyone interested in a closer look at the new screens can contact Marie Lory on ext. 86064



Go to the CDHB staff wellbeing intranet or [www.tracksuitinlive.co.nz](http://www.tracksuitinlive.co.nz) and enter code: **dhbstaffwellbeing**



**STARTS MONDAY 14TH JULY**

**REGISTER NOW**

For more details go to page 20.

### Burwood



**Construction:** (photo) The new ward blocks are starting to rise above the old main entrance and Travis Café.

**Sample Boards:** Images of the sample boards showing the design elements, materials and colours that have been chosen for the interior of the new ward blocks are on the intranet.

**Mairehau Rd and Main entry:** Gate 3 is still closed but we're in the final stretch and it is likely to be open again in the first week of July. Please take care along Mairehau Rd where SCIRT is replacing a section of wastewater pipe. The road is narrow so drive carefully and watch out for cyclists.

### Christchurch

**Public presentation:** Last Saturday, David Meates gave a public presentation at the Cardboard Cathedral about the Acute Services Building and the latest developments at Burwood Hospital. [The presentation is available to view on the intranet.](#)

**User Groups:** AMAU User Group went to the design lab to test the layout of the staff base in the 8 bed room and the optimum length of the dividing walls between the bed bays.

The Haematology, Child Health and CHOC User Groups tested some layout options for the negative pressure rooms and selected an option which has a bed pass through ante room.

Amenities group made good progress with their rooms in the design user group meeting this week, currently they are looking at the breakout area (beverage area supporting the lower ground floor meeting rooms), decontamination shower, volunteers room, gumboot store (including change area for theatre gumboots) and starting on the administration areas for peri-op.

### General

#### Digital Hospital Week:

Digital Hospital Week wrapped up yesterday with Information and Communication Technology (ICT) strategy implementation project manager, Mark Dingle stating it was a "resounding success."

"We had a great turn out at the staff information sessions, a high level of engagement across the DHB and a good turnout at the MasterClasses," he says. "What is evident is that we are building from a strong base in a number of areas, such as culture, collaboration and aspirations."

During the week experts from the DHB's strategic partner, HP, worked with staff to develop clarity around the vision for a digital hospital environment and what the DHB needed to consider and plan for, in order to achieve that vision.

Mark says it was encouraging to see the desire to challenge the current thinking and work practices. "There is a willingness to consider new possibilities that will improve the patient journey and give us the tools to do our jobs even better."

It was also encouraging to hear that the Hewlett Packard experts from Australia and Norway were excited to see systems in place that are superior to those overseas. "Health Connect South, for instance, they said presents a level of visibility between primary and secondary care that reflects a collaborative approach that they had never seen before."

The next step is to distil the information gathered over this week and incorporate it into a digital hospital implementation plan. "We will also be working closely with user groups as we proceed through the developed design phase to ensure we capture "long life, loose fit" in our new facilities. That way we can use new technologies in future when it's viable to do so."

[A presentation of The Digital Hospital vision is available to view on the intranet.](#)



# Bouquets

## Microbiology team

Hats off to the observation skills of the Microbiology team. Especially to David Murdoch and Hui Wang. Who, through good scientific process were able to alert the community and public health to the recent Strep A outbreak in a Christchurch rest care home. A potentially exaggerated crisis was arrested by the good detectives they are as they identified the positive samples having the same patient addresses. Perhaps team you have another career path or are at least worthy of mention in a good whodunnit.



## Coronary Care Unit and Emergency Department, Christchurch Hospital

At the beginning of June I was admitted to CPH following a heart attack. I wish to acknowledge the wonderful service that is provided for cardiac patients at CPH. The speed at which my issues were dealt with was amazing. The treatment I received while an inpatient was of the highest standard and the medical and nursing staff performed exceptionally well. I wish to thank all staff who were involved with my care including ED nurses, Cath Lab staff and the nurses and doctors in CCU.

## X-Ray Department, Christchurch Hospital

Thank you for a great service.

## Christchurch Radiology, Merivale

Thank you! The way I was treated and respected was wonderful.

## Day Surgery, Christchurch Hospital

As always, friendly and caring.

## Ward 28, Christchurch Hospital

I would like to thank everyone for their help and support of my son during his stay in Christchurch Hospital. The nurse aides were fantastic and most of the nurses were as well. Laura who was one of his doctors was the greatest, she explained everything to me, each step we went through, clearly to me in English so I would understand.

I cannot speak highly enough of her. One of the nurse aides Jan Franklin, was fantastic as well, she let Michael be Michael and encouraged him every step of the way.

## A very special Canterbury Grand Round

4 July 2014, 12.15-1.15pm (lunch from 11.50am)

Venue: (Rolleston Lecture Theatre)

### Speaker: David Meates, CEO, Canterbury District Health Board

Update from CEO on Facilities Redevelopment including what is happening through Christchurch Hospital, Burwood and Health Precinct

Followed by special preview of 'Gonna be a Dry July' written by Seán MacPherson, Consultant Haematologist. Come along and join in a sing along around the piano. Musicians welcome to bring instruments – violin, guitar, saxophone.

### Chair: Michelle Vaughan, Medical Oncologist

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1 PMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton

For more information contact: [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz)

### Background

On July 1 2014, the way New Zealand DHBs manage procurement will change to take advantage of an integrated national process under Health Benefits Limited, managed by procurement specialists healthAlliance. National procurement allows for negotiation of contracts without restricting choice, by following strict and consistent government rules and processes.

During the period leading up to the 'go live' date, Canterbury and other DHBs have been working with HBL and healthAlliance to define a national procurement process and the organisational design that would be needed to support it. The goal for us as a DHB was to ensure a smooth changeover that will provide seamless continuity for staff from July 1 onwards.

Five current CDHB employees have been matched to, and accepted, a position with healthAlliance with effect from 1 July and will transfer over from that date. The team will operate from their current work stations until 1 September after which it is anticipated that healthAlliance will have established local Christchurch offices of their own.

Eighty percent of the national procurement team will either have been working for a DHB prior to 1 July, or have relevant health sector experience.

### The reasons behind the change

In relation to procurement, the switch to a national procurement strategy is intended to lead to efficiencies in back office processing and take advantage of increased leverage to negotiate contracts, which in turn is expected to save money across DHBs as a whole.

Like all new major business changes, the benefits won't be realised immediately and realistically it may take time for the new processes to bed in. During that time the healthAlliance team ask for your patience and are committed to supporting us with resolving temporary issues - see last section for how to get help if you need it.

### What most people need to know

Local purchasing processes remain unchanged, but be sure to choose items from the catalogue wherever possible – this will ensure the DHB gets the maximum benefit from national procurement. Staff accustomed to using iProc (Oracle) for example, should continue to do as they always have and it is unlikely they will notice any change to the way services are delivered.

There is more information available as a set of FAQs [click here](#).

[Click here to read a shortened version of healthAlliance's presentation made to CDHB staff on Tuesday June 24.](#)

### Who to contact if you have a question or problem

Firstly, if you have a question, try out the FAQs on the intranet first – healthAlliance have worked with our staff to make sure they answer all the most obvious questions.

Otherwise, you can send your enquiry by email to [Cherwell.FPSC@healthalliance.co.nz](mailto:Cherwell.FPSC@healthalliance.co.nz) or call 0800 426 727.



There are only four more days for you to sign up as a Dry July-er and support the Canterbury Regional Cancer & Haematology Service. Do it now at [www.dryjuly.co.nz](http://www.dryjuly.co.nz), whether you want to be a DJ or just donate - and make sure you make CRC&HS the beneficiary.

If you're having doubts because you have a function in July don't forget about the golden tickets that are available. Christchurch Mayor Lianne Dalziel talks about this on our [CDHB Dry July webpage](#).

Remember to come along to the official launch on Monday (see invite right). It promises to be a very special occasion with mocktails, entertainment and prizes.

### Give to help make adult cancer patients more comfortable

Small comforts mean a lot to people going through chemotherapy or radiation, says Jane Andrews, who had treatment for breast cancer six years ago.

"Being able to read a magazine that isn't 20 years old, having someone bring you a cup of tea or people doing a jigsaw together – it stops the environment from being too clinical and creates a more homely atmosphere," she says.

Jane was diagnosed with breast cancer at the age of 46 and had a double mastectomy followed by chemotherapy and radiation. "Going to oncology outpatients for chemotherapy was particularly scary, so anything that can make it a better experience is definitely worth it."

Jane plans to sign up for Dry July, a fundraising campaign where participants pledge to stay off alcohol for the month of July. Details of all the Dry July-ers (DJs) are on <https://nz.dryjuly.com> and people sponsor them to achieve their goal.

"I would really encourage others to do the same or to sponsor someone. Everyone knows someone who has had cancer," she says.

Funds raised go to help adult cancer patients receiving treatment at the Canterbury Regional Cancer and Haematology Service based at Christchurch Hospital.

Last year \$186,719 was raised for CDHB's Bone Marrow Transplant Unit. The money is being spent on a number of projects including iPads for watching movies, playing games or listening to music while receiving chemotherapy; murals for radiotherapy treatment areas; and more comfortable electric beds.

This year, in addition to further improving patients' experience at Christchurch Hospital, CDHB also wants to improve the comfort of those who receive treatment in our regional hospitals.



Above: Jane Andrews

Today Jane, a former nurse, is well and is enjoying a new career working in clinical trials. It was while she was undergoing cancer treatment that she decided to complete a Masters Degree in genetics. She is now Study Co-ordinator at Southern Clinical Trials.

"I love my job, it incorporates a bit of nursing and research skills. And I would never have done it if I hadn't had breast cancer. I have forged ahead and I have blossomed."

For more information on Dry July including how you can support friends and family who have signed up, visit [www.dryjuly.co.nz](http://www.dryjuly.co.nz) or [facebook.com/dryjulynz](https://facebook.com/dryjulynz) or check out [www.cdhb.health.nz/Dryjuly](http://www.cdhb.health.nz/Dryjuly)



*You're invited*  
*Dry July Launch*

**Monday 30 June 2014**

**4.30pm-6pm**

**Annex off the Great Escape Café**

**Christchurch Hospital**

Come along to help us kick off our Dry July  
Mocktails, food and entertainment provided!

Please RSVP [Vicky.heward@cdhb.health.nz](mailto:Vicky.heward@cdhb.health.nz) by  
Monday 23 June.

**DRY JULY**  
Clear your head, make a difference



It might have been over 50 years ago, but the memories of having their babies at Rangiora Hospital was still fresh for some of the mothers who attended yesterday's blessing ceremony at the site.

Both Josephine Setz, who delivered five babies, and Aroha Reriti-Crofts who had one of her children there, said the hospital looked much the same as they remembered it. No time like the present then for an upgrade, and the community and CDHB staff have expressed delight that work is starting soon on the new Rangiora Health Hub.

Ahead of the site preparation work next week, Kaumātua James Anderson led a karakia service to bless the land and remove any tapu. The Kapa Haka group from Rangiora High School, three of whom were born at the hospital, sang waiata prior to the community and staff sharing tea and refreshments.

The hub will increase the sustainability of health services in North Canterbury and provide the community with better access to a variety of services. Construction is expected to be complete mid-way through 2015.



*Left: Josephine Setz arrived in Rangiora from Holland in the early 1960s and all five of her children were born at the Rangiora Hospital.*



*Above left: Deirdre Carroll – Presbyterian Support, Kaumātua James Anderson and Aroha Reriti-Crofts look at the plans of the new Rangiora Health Hub.*

*Left: (from left) Vaughn Atkins-Percasky (15), Dylan Gargett (16) and Kerran Jenkins (17) who are members of the Rangiora High School Kapa Haka group were all born at the Rangiora Hospital.*



*Above: Kaumātua James Anderson leads the community in a karakia and blessing for the new site of the Rangiora Health Hub.*

Matariki is the Māori name for the cluster of stars also known as the Pleiades. It rises just once a year, in mid-winter – late May or early June. For many Māori, it heralds the start of a new year.

Matariki signals growth. During Matariki we acknowledge what we have and what we have to give. It's a celebration of culture, language, spirit and people.

There are a number of events happening at Rehua Marae to celebrate Matariki on Saturday 28 June. There will be a marketplace and kai, workshops, presentations and Kapa Haka. Everyone is welcome! Rehua Marae is located at 79 Springfield Road in St Albans, and the whanau day will take place between 10am - 3.30pm.

Across town there will be a Matariki Planting Day at Anzac Drive Reserve. The goal is to turn the red zone green by planting 400 native plants. It starts at 10.30am tomorrow (Saturday) and they are looking for lots of volunteers to help out.



## Healthy Weight Gain in Pregnancy

Gaining a healthy amount of weight in pregnancy is one of the most important things a woman can do to support her health and the health of her baby.

However, Masters research by CDHB Women's and Children's Health Dietitian, Emma Jeffs indicated that a number of women are unaware of this. As a result, Emma, with the support of her colleagues at Christchurch Women's Hospital, developed an intervention to support women to work out how much weight they should gain in pregnancy and to track their weight gain throughout pregnancy.

This intervention has been used by CDHB for the last year and has been hugely successful, so much so that the Ministry of Health has adopted it for national release.

The resources that have been released include a poster and interactive pamphlet, as well as an education sheet for lead maternity carers. These will be available to every pregnant woman in New Zealand. The release of these resources coincides with the release of the Ministry of Health guidance for healthy weight gain in pregnancy that Emma and her clinical manager, Helen Little, contributed to.

"It's a significant step towards helping to attenuate the impact of obesity in pregnancy, as well as helping to improve the general health of our pregnant population. I am very excited that the Ministry has seen the value of this work" said Emma.

This is a huge achievement and CDHB would like to congratulate Emma, Helen and the Christchurch Women's Hospital Nutrition Services Department for this work.

Further information can be found at: <http://www.health.govt.nz/your-health/healthy-living/pregnancy/healthy-weight-gain-during-pregnancy>



Above: Helen Little, left and Emma Jeffs.



The Canterbury DHB Clinical Board continue to keep a close eye on efforts to improve Canterbury Health System.

Diana Gunn, acting Canterbury DHB Clinical Board chair, says at the board's latest meetings the board endorsed efforts to explore a strategy to create a West Coast and Canterbury Community Infection and Prevention Control Committee.

Diana says the board also learned about the new Sustainability Officer position that's been appointed, the Integrated Family Health Service programme, the Child and Youth Workstream and Clinical Governance.

"We've had some very good presentations and discussions at the last couple of meetings particularly around patient safety, quality and clinical governance.

"There's a lot of work happening in this area and the board has endorsed a recommendation to the chief executive for a clinical governance stocktake that would involve collecting information from across the organisation."

Diana says the Clinical Board was also given an update on the Integrated Family Health Services Programme and the three strategic goals:

- People take greater responsibility for their own health
- People are supported to stay well in their own homes and communities
- People receive timely and appropriate complex care.

"The goals are not about building new buildings but rather it's a way of working together with general practice, pharmacies and other providers to tailor care to an individual patient's needs."

Other key projects to stand out at the June meeting was the Child and Youth Health Workstream and its areas of focus.

One is a Youth Charter for Greater Christchurch to create a 'Youth Friendly City' and the workstream is looking at what that means from a health perspective.

The workstream is also involved with the Healthy Families New Zealand – a new community development initiative from the Minister of Health that aims to encourage families to live healthy lives through good food choices, being physically active, sustaining a healthy weight, not smoking and drinking alcohol in moderation.

The Clinical Board learned about the implementation of the Children's Action Plan and the workstream's involvement in developing a structure for the establishment of a Christchurch Children's Team by July 2015.

The Clinical Board is an independent group from across the Canterbury health system that provides a clinical perspective to the Canterbury DHB Chief Executive.

The board has overall responsibility for clinical governance across our system, which means raising the standard of care for our patients and the community.

It keeps track of the systems we have to make sure we are doing a good job as well as advising of any problems.

A number of key health topics of focus for this year are:

- Sustainability
- Workforce
- Health Excellence and clinical and consumer engagement
- eHealth Environment – report on activities, developments in electronic information systems.

## News from the Alliance Leadership Team (ALT) – JUNE 2014



Canterbury Clinical Network ALT met on 16 June. Below is an extract from what was discussed. A full update for stakeholders, clinicians and other health staff is available [here](#).

Carolyn Gullery presented the electronic viewer of the Lightfoot programme - Signals from Noise. The presentation demonstrated the use of information to effect change and connect the patient journey.

There is currently a focus on the Frail Older Persons Pathway and at present inpatient and ambulance data is viewable and radiology is currently being added. There is an exciting opportunity to link community based and secondary care data providing a picture across the patient journey for complex conditions such as diabetes and CVD.

Representatives from the Canterbury Initiative gave an update on recent activity in Community Referred Radiology; Electronic Referral Management System (ERMS); and HealthInfo and HealthPathways as well as the CI education programme that features the use of the videoconferencing network for Rural Practices; annual meetings with the Secondary care Service Managers, Clinical Directors and General Practice Liaisons to discuss consistency of triage and follow-up processes; and General Practice visits to discuss referral patterns etc.

Changes to the membership of the Pharmacy Service Level Alliance were formally ratified: Jill Nuthall to add a consumer perspective, and Simon Church from community pharmacy. Linda Williams, Laboratory Scientist at Canterbury Health Laboratories (CHL) has also been appointed as the new Canterbury Clinical Network (CCN) Labs Coordinator effective 14 July.



Your fortnightly update from the Health Quality & Safety Commission



### E-UPDATE

#### Included in this issue:

**NEWS:** [Committee calls for radical change towards family violence](#)

The fourth report from the Family Violence Death Review Committee (FVDRC) calls for a radical change in the way New Zealand responds to its most dangerous and chronic cases of family violence.

**NEWS:** [Report backs up link between smoking, obesity and stillbirth](#)

A report from the Perinatal and Maternal Mortality Review Committee (PMMRC) has provided further evidence of the link between smoking, obesity and stillbirth. In its eighth annual report released last week, the PMMRC says national maternity data shows a clear link between stillbirth and smoking, and stillbirth and being overweight, backing up the findings in published studies.

[Click here to read the full newsletter.](#)



## A REWARDING CAREER

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

138748—Charge Nurse Manager - Ward 3a  
138702—Electronic Medication Management Implementation Team  
138578—Human Resources Advisor  
132518—Registered Nurse - Ward 23  
Wc138195—Personal Assistant – Greymouth

[Click here to see more opportunities on the careers website](#)



## One minute with... John Gallagher, Administrative Assistant, Emergency Department (ED), Christchurch Hospital

### What does your job involve?

I do a lot of the administrative tasks for the Senior Medical Officers (SMOs) and Registered Medical Officers (RMOs) in ED to ensure that the administrative side of the department runs smoothly. Everything from taking and typing minutes for meetings to ensuring the photocopier is full of paper. I also do the rostering and leave requests for the RMOs in ED.

### Why did you choose to work in this field?

For the past 13 years I have worked in the health industry, firstly in Community Health at Healthcare of New Zealand Ltd where I was the Senior District Nurse Administrator, then following redundancy I commenced as a Clerical Officer in the ED here at Christchurch Hospital. Four months ago, following a successful application, I returned to the job that I especially enjoy, that of helping my colleagues as their Secretary/Administrator.



### What do you love about it?

Because I enjoy helping people, every task I do is in some way connected with helping either my work colleagues or helping our patients, because that is who we are all here for. I also enjoy finding smarter ways of completing tasks, not only for myself but also for the people that I work with.

### What are the challenging bits?

Trying to cover leave on the RMO rosters while ensuring we have sufficient doctors on duty to care for our patients plus allowing staff to have time off for rest as they are a hard working team.

### Who do you most admire in a professional capacity at work and why?

I cannot single out one person, as we are all a team in ED and we all have the same goal, to ensure that our patients get the best treatment in a professional and timely manner.

**The last book I read was...** 'Salut' by Peta Mathias. In this, her third book, she revisits many of the villages and friends who she knew when she used to own her own restaurant and live in Paris. This book is full of great humour, amazing recipes and such good creative writing that you can really imagine yourself there. Peta she describes travelling around mostly the South of France, the places she stayed in, the small country restaurants she ate in and the food markets that she visited.

**If I could be anywhere in the world right now it would be...** London – to me London is the greatest city in the world and I have been visiting it every second year since 1996. London is so full of history, amazing architecture (old and new), great green spaces like Hyde Park, great pubs and restaurants and so many interesting places to explore, not to mention the small villages just a short train trip away from the city.

**My ultimate Sunday would involve...** creating and cooking interesting dishes for friends who visit and end up staying for an evening meal.

**One food I really dislike is...** I cannot think of anything that I dislike when it comes to food. Having travelled to more than 40 countries in the world, there have been times when sometimes I have not known what I was eating but I can honestly say I cannot remember anything I did not enjoy.

**My favourite music is...** I love stage shows and the music from them, and I enjoy pop opera, like il divo and Amici. Also I really enjoy Russell Watson, New Zealander Geoff Sewell and house and drum & base. Yes, a strange list I know!

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

In 2012 approval was given by senior management to implement a print management strategy for the CDHB. This was to reduce the number of printers and waste within the organisation.

The cost of printing was increasing exponentially each year as were the number of devices.

It was evident that there was little or no management or measure of the costs of printing. Furthermore, the utilisation on the particular printers was very low, which in essence meant that these devices were very expensive paper weights.

As can happen with significant sized projects, there have been a number of challenges around people, processes and technology which has delayed the project a number of times.

Even with issues and delays ISG has been able to make significant progress with the project.

The table below shows the current progress with the project:

Site	Previously	Now	Completed
Ashburton	105	24	Yes
Burwood	136	49	Yes
CWH	183	72	In Progress 90% completed
Hillmorton	196	56	Yes
Parkside	148	99	In progress
Riverside	255	126	In progress
CHC Campus Other i.e. Labs, M&E, Social workers etc.	260	101	In progress
TPMH	321	83	Yes
Misc/Adhoc	183	60	Yes
Rural Hospitals	15	10	To complete
Total	1802	680	

120 devices are left to install across Parkside, Riverside other CHC Campus buildings, plus rural hospitals.

ISG anticipates that the project will be completed by August 2014 and would like to thank all staff who have assisted with this project to ensure its success.

Should you have any questions, please feel free to contact Ian Botfield (Technical Project Manager) or Elliot Heffer-Lawson (Project Manager).

## New free health resources available

The Community Health Information Centre (CHIC) provides free health resources for Canterbury, South Canterbury and the West Coast.

CHIC distributes pamphlets, booklets and posters on behalf of a variety of organisations including the Ministry of Health, the Ministry of Social Development, the Health Promotion Agency and non profits such as the Mental Health Foundation.

Our resources are constantly being updated. [Click here](#) to view some of our latest resources, including the latest material from the *All Right?* wellbeing campaign.

To view complete list go to [www.cph.co.nz/resources](http://www.cph.co.nz/resources) or request a stock list. Orders can be made by mail, fax, phone, email, or online.

For more information contact Resource Coordinator Sue Burgess on 03 364 7844 or email [sue.burgess@cdhb.health.nz](mailto:sue.burgess@cdhb.health.nz)





## Staff and Family Wellbeing Survey – Taking the Pulse – Final Week

Please click on the following link to complete the survey – it should only take 10-15 minutes  
<https://www.surveymonkey.com/s/CDHBStaffandfamilyWellbeingSurvey>

The previous wellbeing survey in late 2012 provided valuable insights which helped us develop the current Staff Wellbeing Programme. By repeating the survey now, we aim to get further guidance on what support staff need.

### Wellbeing Workshops for managers/supervisors

Register now to attend one of these very popular workshops!

For more information on what the workshop covers visit the [Staff Wellbeing Programme intranet page](#) or click here to register [https://docs.google.com/forms/d/1wkYwlqejKx5RQOLfHdXG6yvSe35VNBAJ\\_oewU64sP0/viewform](https://docs.google.com/forms/d/1wkYwlqejKx5RQOLfHdXG6yvSe35VNBAJ_oewU64sP0/viewform)

### Staff Wellbeing Programme intranet page - Zumba, Yoga, Mindfulness, Retirement seminars...

<http://cdhb.intranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Check out this page for information on yoga, Zumba, Pilates, mindfulness, 30 minute walk 'n workout groups, Earthquake Support Coordinators, Finance/Retirement seminars, Employee Assistance Programme (EAP - free counselling for staff), and more...

**Something for You - employee benefits** – new intranet page containing up-to-date information on discounted products and services for CDHB Staff

<http://cdhb.intranet/corporate/EmployeeBenefits/SitePages/Home.aspx>

### Andy Hearn

Staff Wellbeing Coordinator  
Canterbury and West Coast DHB

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## Catherine Mulligan Memorial Account

On Sunday 7 February 2014, Catherine Mulligan who worked as a Mortuary Technician in the Christchurch Hospital Mortuary passed away suddenly at her home. Catherine was 42 years old and died of a DVT and pulmonary embolus, a coroners finding which her family were happy to share with all who knew Catherine.

Catherine had held a number of roles within the Canterbury Health System, she had worked as an IV Tech, a phlebotomist and for the past five years a role in the Mortuary. Catherine's compassion, professionalism and dedication to those she cared for and their wider families in her daily work was evident to all who knew her or interacted with the Mortuary Service.

Outside of work, Catherine was a proud solo mum of Rosie (17). Rosie finished school at the end of 2013 but had been working for Canterbury Health Laboratories as a Maintenance Assistant team member and will be well known to many staff across the site.



Catherine's funeral was held at Bell, Lamb and Trotter Funeral Directors on the 13th of February and was attended by a large group of current and former work colleagues from the DHB.

An account named the Catherine Mulligan Memorial Account has been set up at Westpac Bank with the proceeds being used for the sole purpose of furthering Rosie's education. The account will be administered jointly by CHL staff and Rosie's uncle. Staff willing to make a donation to support Rosie can make a donation at any Westpac bank or by direct credit. The a/c number is 03 1592 0809755 17. The BNZ in the main foyer at the hospital has agreed to waive the interbank transfer fee for anyone wanting to make a deposit at work. Several cake stalls will also be run in the Christchurch Hospital entrance as well for the purpose of raising funds for the above memorial account.

Our deepest sympathies go out to Rosie and Catherine's family at this difficult time.

## An invitation from us



Gen-i in partnership with the NZ Health Innovation Hub, Vigil Technologies and ProCare, are holding their next Health Leaders seminar and webinar.

Gen-i is proud to be hosting jointly with Auckland City Hospital a lunchtime of sharing views by respected health thought leaders including renowned American Neurosurgeon, Dr Ben Carson.

This health leader's lunch session will focus on:

Personal responsibility in the ownership of healthcare and how technology enables this (enhancing equity and access) with keynote speakers taking a perspective from across the health ecosystem:

- International - Dr Ben Carson, Neurosurgeon, Philanthropist
- National - Anne Kolbe, Paediatric Surgeon
- Regional – Dr David Grayson, Counties Manukau Health
- Local – Dr Lance O'Sullivan, Kaitia GP and New Zealander of the year

Date: Thursday, 3 July 2014

Time: 12.30-2.30pm

Venue: Auckland City Hospital, Fisher & Paykel Education Centre (Level 5), 2 Park Road, Grafton, Auckland (this is if you are attending in person, otherwise you can join the webinar online.)

RSVP: Please RSVP by Friday, 20 June 2014

If you have any queries, contact Jo-Ann Jacobson, Gen-i Health Sector Lead [here](#).



### Department of Psychological Medicine, University of Otago, Christchurch & SMHS, CDHB Clinical Meeting

Date: Tuesday 1 July 2014, 12:30 pm – 1:30 pm

Venue: Lincoln Lounge, Admin. Building, Hillmorton

Presenter: Dr Ben Beaglehole

**Topic: "The impact of the earthquakes on the mental health of Canterbury"**

Chair: Dr Caroline Bell

These meetings will be held on a weekly basis (except during school holidays).

Psychiatrists can claim CME for attending these meetings.

The sessions will be broadcast to the following sites:

- For **TPMH** attendees the venue is the **Child, Adolescent & Family Inpatient Unit, Ground Floor**. Access is from the main reception at TPMH.
- For **School of Medicine** attendees the venue is the **Beaven Lecture Theatre, 7<sup>th</sup> Floor, School of Medicine via telemedicine**.

The dial in address is: **Psych Med Grand Round**.

If you have difficulties dialling in please call **0800 835 363** to be connected.



## Music for the Mind

Friends  
of the  
Brain  
Institute



[jointheFBI.org](http://jointheFBI.org)



The Friends of the Brain Institute invite you to this wonderful fundraising concert with all proceeds going to neurological research

Starring members of The Opera Club in a special performance of popular opera

Omarino Wine Park  
638 Harewood Rd,  
Christchurch  
Saturday 23<sup>rd</sup> August 7pm  
(concert commences 7.30pm)

Tickets \$65.00 includes  
cheeseboard Cash bar will be in  
operation.

For further information and ticket sales,  
contact Fiona Bellett on 378 6347 or  
[fiona.bellett@nzbri.org](mailto:fiona.bellett@nzbri.org)



BEST EVER EXCUSE FOR GIVING UP THE BOOZE

# DRY JULY

MAKE A DIFFERENCE  
CLEAR YOUR HEAD

CHALLENGE YOURSELF

SUPPORTING  
ADULT  
CANCER  
PATIENTS  
SINCE  
2008

FEEL GREAT

SIGN UP  
CLICK HERE

NOW WITH  
ONE  
THOUSAND  
PARTICIPANTS  
AND COUNTING

DON'T  
MISS  
OUT!

# Wellbeing workshops

“  
The greatest  
wealth is health  
-Virgil”

## For CDHB Managers/Supervisors

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are running a series of two-hour wellbeing workshops for managers/supervisors.

The CDHB acknowledges the crucial role you, as a manager/supervisor, play in supporting your staff and facilitating the delivery of high quality care to the Canterbury community. In the current Christchurch environment it is more important than ever that you take the time to focus on your own wellbeing.

Two hours to focus on YOUR wellbeing!

We are running a number of workshops in 2014 to allow you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients will also benefit.

### Workshop Overview:

- The importance of wellbeing; psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Appreciate the progress of recovery for communities and individuals
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Improve your health and wellbeing: 5 Ways to Wellbeing, All Right?, Staff Wellbeing Action Group
- Enhance positive relationships and social connections

### Workshop Details:

- All workshops run for 2 hours and conclude with a further 30 minutes for refreshments and informal conversation
- For dates and to register for a workshop – [click here](#)

Facilitated by Alison Ogier-Price MSc Psyc, B.Comm, BA Hons, C.AT, MNZAPP

[Click here to register](#)



**Canterbury**  
District Health Board  
Te Pori Hauora o Waitaha

 **MHERC**  
Mental Health Education & Resource Centre

For more information contact:

Lee Tuki  
Lee.Tuki@cdhb.health.nz  
027 689 0285

Andy Hearn  
Andy.Hearn@cdhb.health.nz  
027 290 0937



Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.

 **sport**  
canterbury

## BE ACTIVE

Programmes Term 3, 2014



### New Brighton

Shoreline Fitness Centre  
55 Hawke Street  
Monday 11:00am – 12:30pm  
Starting Monday 21st July

### City

City YMCA  
12 Hereford Street  
Monday 5:30pm – 7:00pm  
Starting Monday 21st July

### Bishopdale

Bishopdale YMCA  
13a Bishopdale Court  
Tuesday 11:00am – 12:30pm  
Starting Tuesday 22nd July

### Spreydon

St Martins Church  
60 Lincoln Road, Spreydon  
Thursday 11:00am – 12:30pm  
Starting Thursday 24th July

For more information and  
to register please contact:

**P** 0800 ACTIVE (22 84 83)

**E** [jessw@sportcanterbury.org.nz](mailto:jessw@sportcanterbury.org.nz)

[www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, eg circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.

 Pegasus

**Canterbury**  
District Health Board  
Te Pōwhiri Hauora o Wairarapa

 YMCA

Together supporting  
**active**  
CANTERBURY

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

[Read the latest edition of Green Prescription](#)



# BE ACTIVE

Rangiora Programme Term 3, 2014



Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.

## Rangiora

St John's Rangiora  
Church Hall

355 High Street

Wednesday 10:00am - 11:30am

Starting Wednesday 23rd July

For more information and to register please contact:

**P** 0800 ACTIVE (22 84 83)

**E** [jessw@sportcanterbury.org.nz](mailto:jessw@sportcanterbury.org.nz)

[www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, eg circuit, badminton, aquacise and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.



## RESILIENCY CHALLENGE PARTICIPANT GUIDE



### DURATION

The Resiliency Challenge runs for two weeks (10 days) Monday-Friday, excluding weekends.

### START DATE

The Challenge begins on Monday, 14 July 2014.

### WHAT IS INVOLVED?

The Resiliency Challenge involves two weeks of daily challenges to get you thinking about the sources of your own personal stress and to develop strategies to manage the effects that stress has on you, your health, and your enjoyment of life in order to become more resilient!

### PRIZES

**Every participant who enters each daily activity will be entered into a final individual prize-draw to win a \$1000 Travel Voucher!** Throughout the challenge there will be prize-giveaways for those that participate in the daily activities which include iPod shuffles, Prezzy cards, Supermarket Vouchers, Red Balloon Vouchers, and more!

### SIGN ME UP!

Register for the Resiliency Challenge from Monday 30 June on [tracksuit-inc](http://tracksuit-inc) (please go to the Staff Wellbeing Programme intranet page or [www.tracksuitinc.co.nz](http://www.tracksuitinc.co.nz) and enter the company code: [dhbstaffwellbeing](http://www.tracksuitinc.co.nz)). Enter your email address and you will receive a confirmation email with your login details.

**Register before Friday 11 July and you'll be entered into a prize-draw to win a \$100 Prezzy Card!**

Remember, family members are welcome to participate in the challenge!

### CHECK IN

Log on to the Health Challenge website ([www.healthchallengelive.co.nz](http://www.healthchallengelive.co.nz)) on the day that the challenge begins (14 July) for details of your first activity and then every day thereafter for the two-week duration. Enter your responses to the activity each day onto the site to score points and receive feedback.

### CHECK OUT

Log on to the website each day to check out:

- The Challenge calendar – flick back through the days to enter your scores for previous challenges.
- The Noticeboard for any special messages including the prize winners.

### CHECK YOUR EMAIL

Every day we'll send you an email which will include a link directly to the website and updates on the daily activities, prizes and special announcements. Check your inbox each day from 14 July for more info.







## Seniors Eating Well

### A nutrition teaching resource

This teaching resource was designed for community groups and organisations who want to deliver their own series of informal nutrition education sessions with groups of community-living older people.

Topics include: Eating well for healthy older people, Nutrition and strong bones, Fibre and fluid for healthy bowels, Shopping and cooking for one or two, Smart snacking, Food safety, Nutrition myths

### Training

The training session will teach you how to deliver the Seniors Eating Well programme for community-living older people.

You will receive:

- A lesson booklet
- Login details to access the full web-based resource

**Next Training Session:** Tuesday 16<sup>th</sup> September 2014, 9:00am – 12:00 pm  
Riley Day Lounge, The Princess Margaret Hospital

To register for training, please contact the Healthy Eating Healthy Ageing team:  
Phone: 03 377 8970, email: [jasna.robinson-wright@cdhb.health.nz](mailto:jasna.robinson-wright@cdhb.health.nz)

### Acknowledgment

The development of this resource was funded by the Canterbury District Health Board with assistance from the Ministry of Health. It was written by the Healthy Eating, Healthy Ageing dietitians based at Princess Margaret Hospital, Christchurch.

**Canterbury**

District Health Board

Te Piri Hau nra ō Wataha





The Canterbury DHB staff and family wellbeing survey has been developed to help the CDHB obtain a clearer picture of 'where staff are at' more than three years on from Canterbury's earthquakes.

The responses we receive will help identify areas where the CDHB can provide greater assistance.

*To have your say  
click on the link on the CDHB intranet or go to*

[www.surveymonkey.com/s/CDHBStaffandFamilyWellbeingSurvey](http://www.surveymonkey.com/s/CDHBStaffandFamilyWellbeingSurvey)

**Canterbury**  
District Health Board  
Te Pori Hauora o Waitaha

...ARTIST DOCTORS PRESENTS...



# PROMS

25 YEAR ANNIVERSARY

WE ARE CALLING FOR PERFORMERS  
TO TAKE PART IN THIS YEAR'S  
VARIETY CONCERT

4TH OCTOBER 2014

Singers, dancers, comedians, soloists, groups, instrumentalists  
- Get your act together!

To find out more contact Ros McCarthy on 364 1104,  
mobile 027 353 2639 or email us at [enquiries@artistdoctors.org.nz](mailto:enquiries@artistdoctors.org.nz)

[WWW.ARTISTDOCTORS.ORG.NZ](http://WWW.ARTISTDOCTORS.ORG.NZ)







## *Cuppa for a Cause* *JULY 2014* *Alzheimers Canterbury*



Plan an occasion; invite your colleagues, clients, friends family, etc.

Challenge a department, branch, another group.

Bring out the fine china, bake a cake, decorate a hat, wear your fancy tie, have a dress up or dress down day—there are limitless ways to make your *Cuppa for a Cause* event stand out and have a load of fun at the same time.

Please feel free to pass this flyer onto your friends, colleagues, Social Club etc

There will be a prize for the most original, fun or novel collection box so don't forget to send us photos of your event..

### TO REGISTER :

Email: [lesley@alzcanty.co.nz](mailto:lesley@alzcanty.co.nz)

or

Phone 03 379 2590

or

Make a donation Bank Account 12.3240.0097861.00

Visit our website [www.alzheimers.org.nz/canterbury](http://www.alzheimers.org.nz/canterbury) for more information

*Making life better for all people affected by dementia;*

*Kia piki te ora mo ngā tāngata mate pōrewarewa*

Alzheimers Canterbury – 314 Worcester Street, Christchurch, P O Box 32 074, Christchurch 8147 Ph 03 379 2590  
Fax 03 379 7286 Email [admin@alzcanty.co.nz](mailto:admin@alzcanty.co.nz) Web [www.alzheimers.org.nz/canterbury](http://www.alzheimers.org.nz/canterbury) Charity Registration CC 21639